

THE FOODLOVERS AT NORTH ARM FARM

The Foodlovers cooking classes are based around one ingredient, fresh from the fields. We create according to what the season brings.

Start with a noon farm tour then come into our kitchen for a hands on class finishing with a three course meal paired with BC wines.

Maximum of eight per class.

Contact us to tailor a class to your curiosity.

Sample class menus below.

Asparagus

Asparagus Soup Shot, hot and not

Grilled Asparagus Salad, Boar Prosciutto, Preserved Lemon Aioli

Seared Wild Salmon, Asparagus Flan, Morel Bacon Vinaigrette Strawberry

Thyme

Shortcakes, Pepper Double Cream

Tomato

Tomato Soup Shot, hot and not

Heirloom Tomato Salad, Vancouver Island Buffalo Mozzarella, Smoked Salt Handmade

Pappardelle, Fresh Tomatoes, Garlic, Shallots, Basil

Blackberry Hazelnut Linzertorte, Sour Cream Semifreddo

Corn

Corn Soup Shot, hot and not

Double Corn Pancake, Chorizo Creme Fraiche, Watercress

Cowichan Bay Chicken Breast, Creamy Polenta, Chanterelle Corn Saute, Hazelnut

Vinaigrette

Blueberries, Buttermilk Lavender Pannacotta, Cornmeal Crisps